

## ABSTRACT

A physical fitness professional assesses an individual for whom a personalized fitness video is to be created with respect to flexibility, cardiovascular condition, body fat composition, muscular strength and condition, as well as other health conditions and limitations. Based on this assessment a specific fitness plan is determined and which includes a detailed workout program of specific exercises in at least one sequential arrangement. The physical fitness professional selects a plurality of video segments from a series of video segments stored in a computer wherein each selected video segment is a specific exercise of the detailed workout program and arranges the selected video segments into a sequence corresponding to the sequential arrangement of specific exercises of the specific fitness plan and records the same on a digital versatile disc or video cassette tape or makes the selected video segments of the specific fitness plan available on a secure web site.

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